

### New King Senior Center Gets Off the Ground



Construction started in February on the John King Senior Community and Child Care Center at Raymond Avenue at Sawyer Street. More than 90 units of senior housing, a child care center for 45 children and a senior center will be part of the new complex.



Just months earlier, the site adjacent to Visitation Valley Middle School housed Early Years Academy preschool.

### Consumers Should Watch for Fraudulent Business Opportunities

It's not hard to see why consumers would be drawn to ads for business opportunities that trumpet claims like "be your own boss," "set your own hours," "work from home," and "earn money quickly." But as the Federal Trade Commission has repeatedly found, business opportunity promotions like these often are scams, taking consumers' money up front but failing to deliver on their promises in the end.

Prospective business owners can take steps to make sure they're not taken in by fraudulent business opportunities. Before investing in any "biz opp," the Federal Trade Commission suggests that consumers:

- \*Get all earnings claims in writing. If the promoter hesitates or refuses to give the information in writing, find another business opportunity.

- \*Interview references provided by the promoter of the business opportunity. Talk to each prior purchaser in person, preferably where their business operates. This may help reduce your risk of being misled by "shills."

- \*Study the business opportunity's franchise disclosure document. It includes information about the company, including whether it has faced any lawsuits from prior purchasers or lawsuits alleging fraud.

- \*Ask the Attorney General's office, state or county consumer protection agency and Better Business Bureau in the area in which the business opportunity promoter is based and where you live whether the promoter has a history of unresolved complaints.

- \*If the business opportunity involves selling products from well-

known companies, call the legal department of the company whose merchandise is being promoted. Find out whether the business opportunity and its promoter are affiliated with the company.

- \*Consult an attorney, accountant or other business advisor before you put any money down or sign any papers.

For more information about business opportunities or to make a complaint, call the FTC toll-free at 1-877-FTC-HELP (382-4357) or visit online at [www.ftc.gov](http://www.ftc.gov)

### Going for the Gold of the Olympic Games

by David E. Williams

Throughout history, the Olympics have provided some of the most memorable moments in sports. Those who witnessed the 1936 Berlin Summer Olympics will always remember how America's Jesse Owens triumphed over Adolf Hitler's supposed Aryan supermen. Nor will many forget how the underdog U.S. Olympic

Hockey Team went on to beat the Soviet Union in 1980, causing people from every corner of the nation to chant USA! USA! USA!

While the Olympics still symbolize the struggle of athlete versus athlete and country against country, the games have also come to represent big bucks. Recognizing the financial windfall of hosting the Olympics, the members of the Olympic Organizing Committee are lavished with furs, cars, and low-interest loans in order to court their votes. Every two years, cities from around the world fight to sponsor the Olympics. The cities understand the fiscal and intangible benefits of hosting this showcase of talent and national pride.

In the US, being selected as a host city also means a flood of federal dollars for everything from security, infrastructure, and other expenses. A December 1999 General Accounting Office (GAO) report details federal government expenditures for the 1984 Summer Olympic Games in Los Angeles, Calif., the 1996 Summer Games in Atlanta, Ga., and the upcoming 2002 Winter Olympic Games in Salt Lake City, Utah.

GAO estimates that "at least 24 federal organizations reported provid-

## EIR for Proposed Home Depot Will Determine Effects on Valley

A draft Environmental Impact Report (EIR) is currently being compiled by the San Francisco Planning Department to determine effects found to be potentially significant to the surrounding neighborhood during the demolition of existing buildings to make room for a proposed Home Depot in Visitation Valley.

Impacts on visual quality, transportation, operational air quality, operational noise and contaminated soils have already been determined to be potentially significant, and will be analyzed in the forthcoming EIR, as will be land use for informational purposes only. Effects determined either to be insignificant or to be mitigated to a less-than-significant level through measures included in the project include: land use, population and employment, construction noise, construction air quality, odor, shadow, wind, utilities/public services, biology, geology/topography, water, energy, historic architectural resources, and archaeological resources.

Although the proposed Home Depot would occupy all of the east side of Bayshore Boulevard between Raymond and Sunnysdale avenues, a 7,000-square-foot parcel at the southeast corner of Bayshore Boulevard and Visitation Avenue is not part of the project site.

Currently there are six vacant one-to-three-story industrial buildings that were most recently occupied by the Schlage Lock Company, and a seventh building that formerly housed the company offices. There are also several smaller buildings that formerly served as storage sheds and a security office.

Schlage Lock had announced plans to close its San Francisco facility more than a year ago, completely vacating the site at the end of 1999. Existing buildings at 2201, 2401, 2445, and 2555 Bayshore consist of approximately 470,000 square feet of floor area. Another structure, a three-story building formerly containing the Schlage Lock offices at 2201 Bayshore Blvd. at Blanken Avenue is located on a 1.5-acre surplus parcel not proposed for inclusion in the Home Depot

project and will not be demolished. Collectively, the Home Depot project consists of all or part of eight assessors' parcels.

Following demolition of existing buildings, construction would begin on a single-story 32-foot-tall commercial building of about 108,000 square feet to be used as a Home Depot retail center. An outdoor garden center would of about 17,000 square feet would also be built.

Approximately 865 parking spaces would be provided in a surface lot south of the proposed Home Depot store, and four truck loading bays would be located in the eastern wall of the building.

Design of the proposed Home Depot would be similar to the company's other stores. The building would be constructed of tilt-up concrete slabs, painted tan, on a concrete floor slab that would also support the garden center and areas immediately surrounding the building, including some retaining walls. The store itself would have traditional Home Depot orange signage: the store name above the main pedestrian entrance, a "pylon" sign about 40 feet tall at the secondary entrance on Bayshore Boulevard, and a ground-level "monument sign" at the primary vehicle entrance on Bayshore at Visitation Avenue.

Freight loading would occur at the four loading spaces in a sunken loading dock area on the rear (eastern side) of the proposed building. A trash dumpster/compactor would also be located at the rear of the building. Additional loading for the garden center and for lumber delivery would occur in an open loading area at the north end of the proposed building.

Two retaining walls would be constructed along the northern project site frontage, one on either side of the truck entry driveway, to allow a stepping down to the finished grade of the store. Another retaining wall would be built along the Bayshore Boulevard frontage of the store. This western property boundary would also be screened by a vinyl-coated chain-link fence. The project would include landscaping in the form of

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### New Valley Housing Taking Shape



With the final new units of Heritage Homes being constructed to replace Geneva Towers, the southwest corner of Sunnysdale Avenue at Schwerin Street looks quite different than just two years ago when a parking garage for the twin highrises occupied the space.



Just one block west, Visitation Valley's newest residents will soon be walking through one of several entrances to Britton Courts, new housing slated to be occupied in just a few months.

### Youth Music Festival on Earth Day



The first annual Song of the Earth, sponsored by the Friends of Recreation and Parks, will take place on Saturday, Apr. 22 from 12 noon to 3 p.m. in the west end of Golden Gate Park. Calypso steel music performer John Henry will lead an African percussion workshop and youth from groups throughout San Francisco will perform. The event is free to the public. For information, call 750-5220.



## GRAPEVINE MAILBOX

### Garbage Complex Expansion Would Have Adverse Effect On Neighborhood

*Following is a letter sent Feb. 22, 2000 to Dan Eaton, chairman of the California Integrated Waste Management Board by Little Hollywood resident Ralph Oroquiza concerning new expansion plans for the San Francisco Solid Waste Transfer and Recycling Center located at 501 Tunnel Ave.*

Dear Mr. Eaton:

I am writing to protest the proposed permit revisions because the revisions would expand operations; add a new building that would be as large as any single building that is at the site; it would increase the structural square footage; it would decrease open space; more of the hill side would be removed; and it would increase the operating hours at the Norcal/Sanitary Fill Company site. All of these revisions would have an extremely large adverse effect on the Little Hollywood community.

The residential community of Little Hollywood was developed in the early 1920s. The Sanitary Fill Company property is located south of Little Hollywood and was a 200-foot hill, from 1958 to 1969 it was a quarry. The quarry material was used as ground cover material for the disposal of garbage by the fill and cover method in the adjacent county of San Mateo.

A simple building permit, issued in August 1970, was used for the construction of the Transfer Station. The roadway bridge to the transfer station was issued a permit in 1972.

The California Environmental Quality Act (CEQA) was enacted in 1970, one year after Congress enacted the National Policy Act (NEPA).

The Norcal/Solid Waste Company solid waste transfer facilities have been operating with temporary permits issued by the CIWMB with the condition that an Environmental Impact Report (EIR) be completed. In February 1995 a draft EIR was published for review. The four building permits that were submitted in the proposed expansion plan were withdrawn and the EIR process was stopped. The continuous postponement of the EIR has been a great disservice to this community. Meetings between the community and representatives of the garbage companies and Norcal have been more of a "vent your frustration" mechanism than efforts to really solve problems. This complex has always been developed the cheapest way possible. Impacts on the community have always been last on the priority list. Any attempts by the neighborhood residents to try to correct the adverse effects on the community have been met with heavy opposition from city agencies and the garbage complex.

Norcal and the garbage companies have spent millions of dollars on political campaign contributions, lawyers, public relations companies, and campaigns against ballot propositions that would weaken their monopoly-like control of the solid waste, hazardous waste, and curbside recycling in San Francisco. Our trust and belief in the garbage companies, Norcal, and city agencies is minimal at best. The refusal to spend any money on air emission containment equipment and solve the many other problems caused by their operating procedures has generated the animosity and a bad neighborhood resentment attitude toward the garbage complex.

The lack of community input has been the reason why the complex was developed and expanded with so many problems that affected the neighbor-

hood. If the development was done right, the community would not even realize it was there.

The San Francisco Refuse Rate Board provides the funds for pilot programs for pilot programs at the Tunnel/Beatty complex and other related sites. The funding process for pilot programs does not have any type of environmental review. The real problem to the community is that these pilot programs become expanded programs by being grandfathered into the regular operating procedures.

The Refuse Rate Board funded a previous expansion plan (The System Plan), which was not developed, in the amount of \$3.8 million for planning expenses. In 1997 the Refuse Rate Board said it would hold hearings on how to accurately calculate the garbage rates of all operations for the entire city. We are still waiting for those hearings. The community or a Local Assessment Committee has not been allowed to assist in development decisions to ensure that mitigation measures were sufficient to minimize the adverse environmental effects of the 30 years of expansion and development at the Norcal/Sanitary Fill Company complex. The entire 44-acre complex must be considered one site because all the operations are connected.

The community is not satisfied with the results of trying to work with the Bay Area Air Quality Management District (BAAQMD) concerning air emission and air borne particulate matter (PM). The odor problem has returned to the transfer station and the residents are reluctant to call because it did not seem to do much good. The BAAQMD has relinquished jurisdiction of the Household Hazardous Waste Collection Facility (HHWCF) concerning air emission. BAAQMD also said that the dust and air emission from vehicle exhaust (mobile source) and the dust/particulate matter from the Public Disposal Area are not their responsibility.

Our committee and the Local Assessment Committee could not get the City to install \$15,000 worth of air emission containment equipment on the exhaust flues of the HHWCF. Our committee is against the CIWMB relinquishing any control or oversight it has by having the HHWCF removed from the solid waste permit.

Environmental activists for years have tried to get the San Francisco Health Department to take a comprehensive survey to track the health of residents and former residents of this community. Important information could be compiled and the question of whether the distance and exposure time to the facilities has any health risks or quickens the onset of respiratory disability. The millions of tons of vehicle emission and air borne particulate that have been released into the community over the past 25 years must have an effect on the health of the residents. It is basic knowledge that non-medical air particulate does not improve health or increase longevity.

The four major sources of noise and air emissions to this community are aircraft, trains, freeways, and the solid/hazardous and recycling facilities. The City noise ordinance for a RH-1 District is 50 dBA, A-weighted decibel from 10 p.m. to 7 a.m. and 55 dBA, A-weighted decibel from 7 a.m. to 10 p.m.

In January of this year, the Federal Aviation Administration's Stage 3 requirement on jet aircraft will lower allowable takeoff noise from 97 decibels to 85 decibels and allowable landing noise from 103 decibels to 95 decibels. The quieter aircraft will reduce the flight noise when the air routes are over this community.

Prior to the 1980s, the Southern Pacific Railroad used land southwest of the community for railroad switch yards and boxcar storage. The tracks west of the neighborhood are now used for the CalTrain commuter trains. The trains start at 6 a.m. and run to midnight, making 48 stops per day. The starting and stopping of the trains generates more than 63 decibels; trains passing through without stopping are much quieter. There are plans to relocate the Bayshore Station farther south of its present location.

Vehicular traffic has a wide range of noise level according to wind direction, amount of traffic, and traffic speed. The James Lick 101 freeway is to the east of the neighborhood and

Bayshore Boulevard is to the west.

The garbage complex has a serious problem trying to comply with the night time noise limitations, and noise or continuous noise would greatly affect the quality of life of the community.

The garbage companies say that the San Francisco garbage growth rate will be 3 or 4 percent per year. The federal lands that are being turned over to City control (Presidio of San Francisco Military Reservation, Treasure Island Naval Station, Hunters Point Naval Reservation, and Yerba Buena Island Naval Station) had contracts with independent garbage hauling companies that hauled the solid waste directly to the Altamont landfill. Under City control, the City will be responsible for this additional solid waste and therefore it will be transferred through this community. If the additional solid waste is not going to be transferred through the Sanitary Fill Company complex, then the community would like to see that as part of the permit. The additional hundreds of thousands of acres, when the commercial development is complete with additional businesses and tourists, will greatly increase the solid waste generation.

An accurate determination of the solid waste tonnage that must be transferred from these former federal lands and other properties that are being developed must be done and plans for the next 50 years must be established. The 850 thousand residents, thousands of businesses, and the millions of employees and tourists depend on the solid waste, hazardous waste, and recyclable materials being transferred out of the City. The million tons of solid waste now generate a 100 million dollar business for the garbage conglomerate.

The City and the garbage companies are stuck between a rock and a hard place, no other residential neighborhood wants a public disposal drop-off site, garbage transfer station, household hazardous waste collection facility, and extensive recycling facilities directly adjacent to their community. All the San Francisco neighborhoods are NIMBYs (not in my back yard) when it comes to having a garbage complex located adjacent to them. West Coast Recycling has already moved operations from another site to Pier 94-96 and has negotiated a rent credit for repairs and maintenance.

Any discussions of solid waste operations must also include: litter; underground vibrations; vectors; traffic; night glare; noise; operation alternatives; alternative locations; air emission; air borne particulate matter; odors; mitigation measures; the similar operations of associated companies at different locations; similar operations at this site creating similar impacts; reduced property values because of this type of operation in close proximity; and etc.

Residents of Little Hollywood are asking for environmental justice and environmental equity. The most often used reasons or justifications for the operations of the solid and hazardous waste operations being located here are: (1) "The Board of Supervisors finds the public necessity, convenience and general welfare required that..." (2) "To be amended to reflect said..." (3) "The Master Plan designates..." and (4) "This is an economical and feasible solution and if it is operated within predetermined guidelines and standards..."

Long time residents have heard the rhetoric that maintains the status-quo and avoids the very real issue of environmental discrimination by effect. It is imperative that an EIR must be done so an informed evaluation of all the similar operations on the entire Tunnel/Beatty Avenue complex can be made. EIR guidelines dictate that the evaluation of a single activity as an isolated operation can not be made without considering all similar activities within an environment.

Funding to correct this environmental injustice could possibly be obtained from tax credits, solid waste grants, rent credits, community development loans and grants, and EPA grants. The huge tax revenue surplus that accumulated at all levels of government should be used to clean up some of the many environmental messes. Government agencies have helped create many of the toxic pollution problems by funding, subsidies, neglect, and indifference.

The southeast quadrant of the City has the most pollution within the City, air,

water and soil. The Department of Public Health has always avoided any kind of testing of the air emission and the air borne particulate matter generated by the garbage complex, or doing a comprehensive health survey of past and present residents of this community.

Attempts by the Local Assessment Committee, our committee, and community residents to submit mitigation measure recommendations during the five years of HHWCF meetings were stonewalled by City agencies and representatives of the garbage companies. The many years of meetings, while the HHWCF continued to operate, seems like an obvious stall until the Tanner Act could be circumvented.

The Planning Department is now having internal problems. Qualifications of appointed department heads are now being questioned. It seems determinations, decisions and final decisions are political instead of legal and binding under due process of law. Health

### Still Trying to Recover from Holiday Debt?

Although the holidays are months behind you, the mail carrier is still dropping off department store and credit card bills for the many wonderful gifts you bought your family and friends--like that lovely scarf you bought Aunt Mary and that leather jacket you bought your brother Tony.

Is there any wonder where your paychecks are going?

If you're like the millions of people who each year over spend during the holiday season, this month finds you scrambling to get your personal finances back in order.

But, don't worry. There's still plenty of help available to help you reach your goal of becoming financially fit.

"The beginning of the year is always a good time to stop and examine how well you are managing your money," said Mike Kormos, division sales manager at WM Financial Services, an affiliate of Washington Mutual, the nation's ninth largest bank. "And it's never too late to start with a few small changes in how you spend and invest your money."

Here are some basic steps to better manage your money and get your personal finances back on track:

1. **Put yourself on a budget.** Start by saving your receipts for purchases for an entire month. Then, at the end of the month, review where you've spent your money. You may be shocked to find where you spend most of your money and then you'll also be able to determine where to cut back your spending. "Sticking to a monthly budget for necessities is one of the sure-fire ways to manage money," Kormos said. "You are disciplining yourself to take care of your priorities, which allows you the peace of mind to know that basic necessities such as utilities, food and bills will be paid before you spend money on items that you don't absolutely need."

2. **Pay more than the minimum on your monthly credit card bill.** You'll never get rich as long as you're paying upwards of 15 percent in interest (and spending more than you earn!) Since a good portion of your payment goes to interest charges, focus on eliminating the balance by paying more than the minimum payment. You can also shop around for a credit card with a lower interest rate and then consider transferring debt from the higher interest cards to your new card.

3. **Pay yourself first.** Put your savings aside as soon as you get your check. That way, you'll have to learn to live on what's left. If you wait until the end of the month to save, there won't be anything left. If you need to, create an invoice for yourself and pay that. Best idea? Have the cash withdrawn from your paycheck and deposited electronically in a mutual fund, employee retirement fund (such as a 401k) or an interest-bearing savings account.

4. **Shop with a list.** Avoid buying things on impulse. Make a special effort to avoid buying anything displayed at cash registers and use coupons. When you plan purchases and shop with a list, you are less likely to buy things you don't really need.

5. **Carry your lunch and snacks to work or school.** If lunch costs \$5 per day, you are spending about \$100 on

and safety issues that could create serious long term health problems or genetic mutations should be made by well-trained and qualified personnel.

The unique residential communities of San Francisco should get fair and open hearings on every process that could be or is being done adjacent to their communities. Any assistance that the CIWMB could provide, including as a condition a certified EIR, will be greatly appreciated. For 30 years the EIR process has been stonewalled and delayed and the CIWMB condition that an EIR must be certified for this site must finally be enforced. If the permit revision is only to encourage the lots designated in the revision, immediately surrounding the transfer station, then the structural footprint would be almost doubled by the proposed new building and this would be considered a major expansion.

Thank you for your time,  
Ralph Oroquiza

lunch per month. Bringing your meals and snacks to work will not only save you money, it's healthier, too!

6. **Pay in cash.** Using credit will increase the cost of your purchase if you have to pay interest.

7. **Stick to your spending limits.** If you go over budget in one area, you'll have to make reductions in other areas. Counting down instead of up may help. If you have a certain amount of money budgeted for groceries, for example, every time you put an item in your cart, add up how much you have already spent and make note of how much you have left. Seeing the available funds diminish increases your awareness of how much some items really cost and may lead you to be more frugal.

8. **Reconsider your wants and needs.** Now is the time to start re-evaluating those things you consider to be necessities but may really be luxuries to which you've simply grown accustomed. Things like conference call capabilities on your home phone, premium channels on your cable service, or even cable service itself may be a luxury, especially if you make little use of them. Unwilling to compromise on name brand items, or embarrassment over shopping at discount or thrift stores can also be brought into question. The important thing is to get the most out of every dollar you spend.

"Managing your personal finances is not an easy task. Take it day to day," Kormos said. "The important thing to remember is that if you plan ahead of time, you should be able to shop well and use your savings to splurge on your retirement in the years to come."

If you'd like more information on becoming financially fit, contact WM Financial Services at (800) 888-0055.

### The Second Ten Commandments

1. Thou shall not worry, for worry is the most unproductive of all human activities.

2. Thou shall not be fearful, for most of the things we fear never come to pass.

3. Thou shall not cross bridges before you come to them, for no one yet has succeeded in accomplishing this.

4. Thou shall face each problem as it comes. You can only handle one at a time anyway.

5. Thou shall not take problems to bed with you, for they make very poor bedfellows.

6. Thou shall not borrow other people's problems. They can better care for them than you can.

7. Thou shall not try to relive yesterday for good or ill, it is forever gone. Concentrate on what is happening in your life and be happy now!

8. Thou shall be a good listener, for only when you listen do you hear different ideas from your own. It is hard to learn something new when you are talking, and some people do know more than you do.

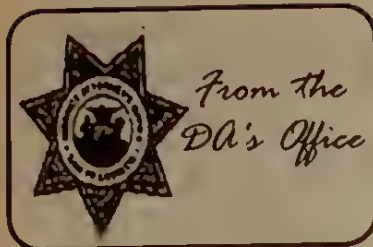
9. Thou shall not become "bogged down" by frustration, for 90 percent of it is rooted in self-pity and will only interfere with positive action.

10. Thou shall count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

**GRAPEVINE**  
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## Construction Company Charged with Code Violations in Death

San Francisco District Attorney Terence Hallinan's office on Feb. 24 charged a South Bay construction firm, Largo Concrete, Inc., with Labor Code violations in connection with the March 1999 death of Alejandro Carlos, an employee. Carlos was working at a high-rise at Second and Townsend streets when a 1,200-pound column form (used to create concrete walls and pillars) toppled onto him. He died within the hour.

Largo Concrete, Inc. is charged with having failed to secure the column forms with an anchor, guy, or brace--a violation of construction safety orders enforced by the California Department of Occupational Safety and Health (Cal OSHA). The misdemeanor charges include a violation of Labor Code Section 6425 which carries a maximum fine of \$70,000. Largo was served with a summons Feb. 24.

## Bookkeeper Charged in \$107,000 Embezzlement

District Attorney Hallinan on Feb. 25 charged bookkeeper Nidya Sanz with three felony counts in connection with the embezzlement of \$107,000 from the Able Building Maintenance Company. Sanz was employed at the company between October 1997 and December 1999.

Sanz was arrested Feb. 24 by San Francisco police at her current place of employment, and was arraigned the next day with a bail set at \$200,000.

The case was developed by the SFPD Fraud Detail and is being handled by the DA's Special Prosecutions Unit. Sanz is charged with grand theft, embezzlement and using a computer system to defraud.

## Elderly Man Who Shot Intruder Not Prosecuted

District Attorney Hallinan on Mar. 2 declined to prosecute A.D. Parker, an 83-year-old resident of the City's Bayview district who shot and killed a tire-iron-wielding intruder in the early morning hours of Feb. 21.

Parker found the intruder, who had broken into his house, just outside his bedroom. He fired one shot from an antique Spanish revolver which had not been used in 50 years. Parker, a widower who lived alone, then slammed the bedroom door shut, locked it, and immediately called 911, fearing that other intruders were in the house.

The intruder, who had a record of burglary convictions and a prior conviction for assault with a deadly

## Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday at 1 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult.

Museum admission is free with \$4 per person workshop fee (except where noted). Call 554-9600 for further information.

\*April 8: **Boxtales** presents Mayan, Aztec and Mexican Folktales and **Myths** - Boxtales creates amazing, participatory and highly energetic educational entertainment for children in a bilingual English/Spanish program.

\*April 15: **Earthquakes** - Explore a 1906 refugee shack, learn about seismographs and where earthquakes happen, and hike up to the earthquake fault right on the Randall hill.

\*April 22: **Berry Baskets** - Use ribbon, flowers and "grass" to transform a berry basket for spring.

\*April 29: **Spring Sprouts** - Learn all about plants through fun games and activities. Start seeds sprouting in your own window box planter.

weapon, died of a single gunshot would after paramedics took him to San Francisco General Hospital.

Deputies of the DA's Homicide Unit reviewed evidence compiled by Police Department investigators, including a tape recording of Parker's grief-stricken, fearful comments to a 911 operator moments after the shooting.

In explaining the decision not to prosecute Parker, Hallinan cited a section of the Penal Code providing that "any person using force intended or likely to cause great bodily injury within his residence shall be presumed to have a reasonable fear of imminent death" from someone who has made forcible entry.

"The death of any human being is a lamentable event," Hallinan said. "But this homicide clearly falls within the presumption of the statute, and I have therefore determined that Mr. Parker should not be charged."

## Grapevine Online

Visit the Grapevine's website at: <http://home.earthlink.net/~visvalley> for past news stories, local history and a complete business directory.

## Counterfeiters Foiled by Better Currency

(NAPS) With the public acting as the first line of defense against counterfeiting, the world is becoming a riskier place for counterfeiters. Treasury Department-sponsored employee education seminars are providing retailers with the ammunition they need to thwart counterfeiters.

Bumetta Travis, 42, of Gulfport, MS knew something was wrong with the \$100 bill she had just received from a customer at the Wal-Mart where she worked. She notified the in-store loss prevention officer, and the nervous customer left without his change. Once confronted in the parking lot, the customer admitted, "You got me." Travis' actions led the Secret Service to seize \$56,388 in counterfeit currency. Travis learned about the newly designed currency through Wal-Mart's employee training.

Similar training gave a Kansas City, MO teenager the tools she needed to intercept two counterfeit \$20 bills at a McDonald's. Zera Frazier-Bey, 17, noticed that the color of the bills was not quite right and neither bill had a watermark. This discovery led to the arrest of two women, one of whom was wanted for passing \$1,500 in counterfeit notes at a nearby 7-Eleven.

As part of an effort to stay a step ahead of counterfeiters, the Treasury Department recently unveiled the designs for the new \$10 and \$5 notes. The new designs, similar to the \$20 issued in 1998, represent the Treasury's latest move to give the public more power to fight counterfeiting.

"If everyone checks the money that passes through their hands, it

## Unlicensed Contractor Gets Prison Sentence

District Attorney Hallinan announced Mar. 7 that his office obtained a state prison sentence for Preston Ray Griff, who defrauded two San Francisco homeowners by misrepresenting himself as a licensed contractor. Griff pled guilty to felony grand theft and was sentenced by Judge Ernest H. Goldsmith to 16 months in state prison. Griff was also ordered to pay restitution to the victims.

Using a fake name and the license of a legitimate contractor, Griff obtained a \$1,000 down payment on a roof repair job for an 85-year-old widow.

In a separate incident, he obtained a \$2,000 down payment to paint a Noe Valley home. No work was ever performed and Griff never refunded the money to the homeowners.

Ricardo Lopez, who investigated this case for the Contractors State License Board, advises homeowners to make sure a contractor is licensed before parting with any money. This can be done by calling the Board a 1-800-321-CSLB or by visiting the Board's web page at [www.cslb.gov](http://www.cslb.gov).

will put counterfeiters out of business," Secretary Lawrence H. Summers said. "That is the goal of redesigning our currency."

Not only are cashiers and other money-handlers getting more savvy about detecting bogus bills, but the notes themselves are harder to counterfeit. That's because of new security features that have been added to U.S. currency since 1996.

By now, most people have seen the new \$20 bill with its larger, off-center portrait, the watermark-visible when the note is held up to light, and the enlarged high-contrast number for people who are visually impaired. These features also are included in the new \$10 and \$5 notes.

There are a number of other features designed to foil counterfeiters. The security thread, the fine line printing patterns, microprinted phrases and color-shifting ink--which does not appear on the \$5 note--make the bills difficult to duplicate.

In Fairfax, VA, these features helped Kim Welsh, 26, identify two men trying to use a bogus \$100 bill in the Sam Goody store where she worked. Welsh had been trained to look for the security features by her bank. The subsequent investigation led to the seizure of \$10,000 worth of counterfeit bills.

All three cash-handlers were awarded "Exceptional Public Service" awards by Secretary Summers. The Treasury Department will offer free informational materials on the redesigned notes to retailers, educators and financial institutions to help more people learn to authenticate paper currency.

## A Century of Great Strides, Health-Wise

(NAPS) Over the past 100 years, there have been incredible achievements in health--certain diseases have been virtually eliminated, maternal mortality is nearly unheard of, and improved safety measures at work, in cars and at home have saved countless lives. The Centers for Disease Control (CDC) recently compiled a list of the ten great health achievements from 1900 to 1999 (see Table). One of the most interesting advances has been the development of safer and healthier foods.

### Food Safety

At the beginning of the century, contaminated food, milk and water were the source of several fatal illnesses, such as typhoid fever, tuberculosis and botulism. Research over the years has led to better care and handling of the food supply, which in turn has virtually eliminated these diseases.

Refrigeration and pasteurization have helped improve the safety of the food supply, as well. As more and more foods from different parts of the world become available, however, another set of food safety issues arises. New types of bacteria and more resilient bacteria are making their way into foods as was seen with the recall of Chilean grapes several years ago, the recent contamination of hot dogs, and the recurring problems with some kinds of meat--both here and abroad.

The goal for the future, says the CDC, is to prevent contamination during all stages of food production. Developing better techniques for identifying contaminated foods and improving the communication of problems to consumers will help ensure a safer, more nutritious food supply.

### Nutrition

During the early part of this century, scientists concentrated their efforts on preventing and controlling diseases caused by nutritional deficiencies, such as vitamin C and

scurvy or vitamin D and rickets. During the second half of this century, the focus has been on how food and substances in food can improve health and potentially protect a person from disease, such as antioxidants, which may cut the risk for cancer, or phytochemicals, which may minimize age-related vision problems.

As the new century begins, one of the biggest nutrition-related health challenges is expected to be obesity. Statistics show the number of obese people in this country, and worldwide, continues to rise and with it rises the risk for a number of health problems. Other challenges anticipated: an aging population and the assurance that women, infants and children receive adequate nutrition.

There is a bright side, however. Given the amazing strides made during this past century, it is a good bet we will be in good hands for the future.

### Total Nutrition Great Start

Make your own nutrition advances when the new century starts: Eat a diet made up of primarily plant-based foods (fruits, vegetables and whole grains); be active (30 minutes at least every other day); and stay smoke-free.

Brought to you by Total cereals, breakfast cereals with 100 percent of the daily value of 10 vitamins and minerals. For more nutrition information, check the Web site at [www.totalcereal.com](http://www.totalcereal.com).

### Ten Great Public Health Achievements in the U.S.

1. Vaccinations
2. Motor-vehicle safety
3. Safer workplaces
4. Control of infectious diseases (such as typhoid and cholera)
5. Decline in deaths from heart disease and stroke
6. Safer and healthier foods
7. Healthier mothers and babies
8. Family planning (resulting in fewer infant, child and maternal deaths and the transmission of some diseases)
9. Fluoridation of drinking water
10. Recognition of tobacco use as a health hazard.

Source: Centers for Disease Control--MMWR, April 2, 1999

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Friday Bible Fellowship: 7:30 p.m.  
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## Ten Things Direct Deposit and Payment Can Do for You

(NAPS) Managing your finances can be confusing and time-consuming. Think of how much time you spend writing checks and going to the bank. What if there was an easier way to take care of business? Millions of Americans say they've found it by using Direct Deposit and Direct Payment as financial management tools. Here are 10 things that Direct Deposit and Direct Payment can do for you that you might not have thought of:

1. Bring you soaring into the new millennium. Electronic payments are no longer the tools of the future, they are the tools of the present. More than half of the people in the nation use Direct Deposit or Direct Payment for one or more of their payments, and that number is growing every day. Direct Deposit and Direct Payment save you time, money and they are the safest and most convenient ways to manage your money.

2. Make the tax season more pleasant. If you're getting a refund this year, the fastest way to get your money is to file electronically and ask for Direct Deposit of the refund. If you owe money, it might be less painful if you have the payment taken directly out of your account. You won't have to write a check and maybe out of sight is truly out of mind.

3. Make you parent of the year. So your kid is going away to school. Here's the dilemma--you want to give him a credit card for emergencies, but you think he might go wild with that much spending freedom. Did you know that most employers can divide your paycheck into several accounts via Direct Deposit? This means you can transfer a set amount of money directly into your child's checking account each month. That way, he learns to budget his money and you won't get caught with a huge credit card bill at the end of the month.

4. Make you grandparent of the year. Do you dread your grandchild's

birthday because you have no idea what to get him? Do you usually end up sending him cash? Here's a better idea. Have part of your paycheck or federal payment automatically deposited into a mutual fund for your grandchild each month. When his birthday rolls around, send your grandchild a birthday card with a copy of the mutual fund statement. This way, he's still getting cash, but now it comes with interest.

5. Build your credit rating. Are you having problems getting out from under your financial debts? Using Direct Payment is a great way to get back on track. With Direct Payment, you can set up accounts with your creditors so that a specified amount is automatically paid to them each month. You never have to worry about a late payment and by consistently chipping away at your debt, you will soon be on your way to financial solvency.

6. Make your retirement dreams a reality. Pay yourself first. It's that easy. With Direct Deposit, you can have your employer direct a set amount of your pay into an IRA or mutual fund each month. Even a small amount each month can add up to a nice nest egg when you retire.

7. Keep you in good standing with your church or place of worship. Let's be honest. Even if we have the best intentions, sometimes we don't make it to church as often as we should, but there's a way to keep you in good financial standing with the church. Many churches now are set up to receive Direct Payment of donations from your bank account. Each month your contribution is automatically transferred from your account to the church's account. Even if you're not there, your money makes it to the collection plate.

8. Keep you one step ahead of the game. Are you self-employed? There's no better way to keep on top of your estimated tax payments than with Direct Payment. No need to worry about Uncle Sam knocking on your door. With Direct Payment, you will always be up to date with your payments and that will leave you with more time to concentrate on making

money.

9. Make the holiday season jollier. You know how it is during the holiday season. You shop until you drop in December and then spend January and February paying the bills. Why not set up a holiday season savings account with your bank? Most employers can divide your Direct Deposit into several accounts. You won't even miss the money that goes into your holiday account, but you will certainly appreciate it when January rolls around.

10. Make you a world traveler. Direct Deposit and Direct Payment are essential for people who travel frequently. Whether it's receiving salary or expense checks from your em-

ployer, dividends from your mutual fund company or federal payments, Direct Deposit automatically transfers money into your account so you can access it from anywhere in the world. And travelers will find Direct Payment just as convenient as Direct Deposit. You will never have to worry about being home to pay your bills. The money is deducted directly from your account allowing you to stay on the road longer.

This Top Ten List is courtesy of the Direct Deposit and Direct Payment Coalition. For more information, visit the coalition's Web site at [www.directdeposit.org](http://www.directdeposit.org) or [www.directpayment.org](http://www.directpayment.org) or contact us toll-free at 1-888-737-9444.

## High BP Patients Urged to Read Labels

(NAPS) Coughing, sneezing, sniffing, achiness, fever. Sound familiar? Fortunately for most, relief can be as close as their medicine cabinet. But, for the 50 million Americans who have high blood pressure, it's not that simple. Some products, most notably OTC medications containing decongestants used to treat colds, the flu and other ailments, can increase blood pressure and interfere with the effectiveness of blood pressure medications. Uncontrolled high blood pressure can potentially increase risk of heart disease or stroke.

Unfortunately, a recent survey shows that high blood pressure patients are not always "taking labels to heart." Eighty-six percent of hypertensive patients surveyed claim that they always or sometimes examine labels; however, when asked what cold and flu product they took the last time they were sick, almost half of hypertensive respondents treated their cold or flu with OTC products containing a decongestant which are not generally recommended for use by hypertensive patients. Only three percent took Coricidin products which include the Coricidin HBP line, the only cold and flu products specially formulated for high blood pressure patients.

Patients with high blood pressure should consciously read the labels of all food products and OTC medi-

cations to make sure they don't contain ingredients which may further raise their blood pressure or interfere with its treatment," said Dr. Randall M. Zusman, Director, Division of Hypertension and Vascular Medicine, Massachusetts General Hospital and Associate Professor of Medicine, Harvard Medical School. "Particularly in the midst of cold and flu season, when many patients tend to self-medicate, they should avoid products containing a decongestant, and consult with their doctor or pharmacist if they have any questions about products they are taking."

Schering-Plough Health Care Products, the maker of Coricidin HBP, has been working with the American Heart Association to educate high blood pressure patients about the importance of reading labels in order to make their medicine cabinets more "high blood pressure friendly." The partners have developed a wallet card which lists types and specific examples of OTC medications that high blood pressure patients should avoid. The wallet card is available at no cost by writing Coricidin HBP Wallet Card at P.O. Box 6336, Young America, MN 55558-6336.

For more information on hypertension and its treatment, visit the AHA at [www.americanheart.org/hbp](http://www.americanheart.org/hbp) or visit Coricidin HBP at [www.coricidinhbp.com](http://www.coricidinhbp.com).

## Emergency Fuel Additive A Lifesaver for Drivers

(NAPS) Who hasn't worried about running out of gas? You know the feeling--you've been too busy to stop at the service station, and suddenly you're in unfamiliar territory, with the needle below "E" and no gas station in sight.

Now, thanks to a recent product introduction by Pennzoil, you and your loved ones can be prepared for those moments when the fumes run out. The new product, an emergency fuel additive, comes in a half-gallon container that easily fits in the trunk of a car and enables drivers who run out of gas to travel an additional 10 miles to get from stranded to safety.

This highly refined fuel additive is called Pennzoil *Roadside Rescue*. As long as the vehicle's engine is still hot, when Rescue is added to the gas tank, the driver will be able to restart the vehicle and travel to safety. Each half-gallon container of Rescue will transport most cars approximately 10 miles. After using Rescue, drivers should always head to the nearest gas station and refill their gas tanks.

"Most drivers don't plan on running out of gas, but it's easy to forget, miscalculate or not have time to refill the gas tank," said Jim Postl, president and chief operating officer of Pennzoil-Quaker State Company.

Compatible with all fuel system components and vehicles (except those with diesel engines), Rescue can be safely stored in the trunk of a car for up to five years. Its non-refillable packaging, which is specially coated to protect the contents from evaporating, features a child-resistant cap, a foil nozzle seal and a detachable and adjustable spout, which locks onto the bottle for precise pouring. Once attached, the spout cannot be removed, which prevents the bottle from being refilled and reused.

In addition to your jumper cables, flashlight and emergency tire inflator, make Pennzoil Roadside Rescue a part of your on-the-road preparedness kit. The additive retails for under 15 dollars and is available at Wal-Mart, Pep Boys, and other auto parts stores.



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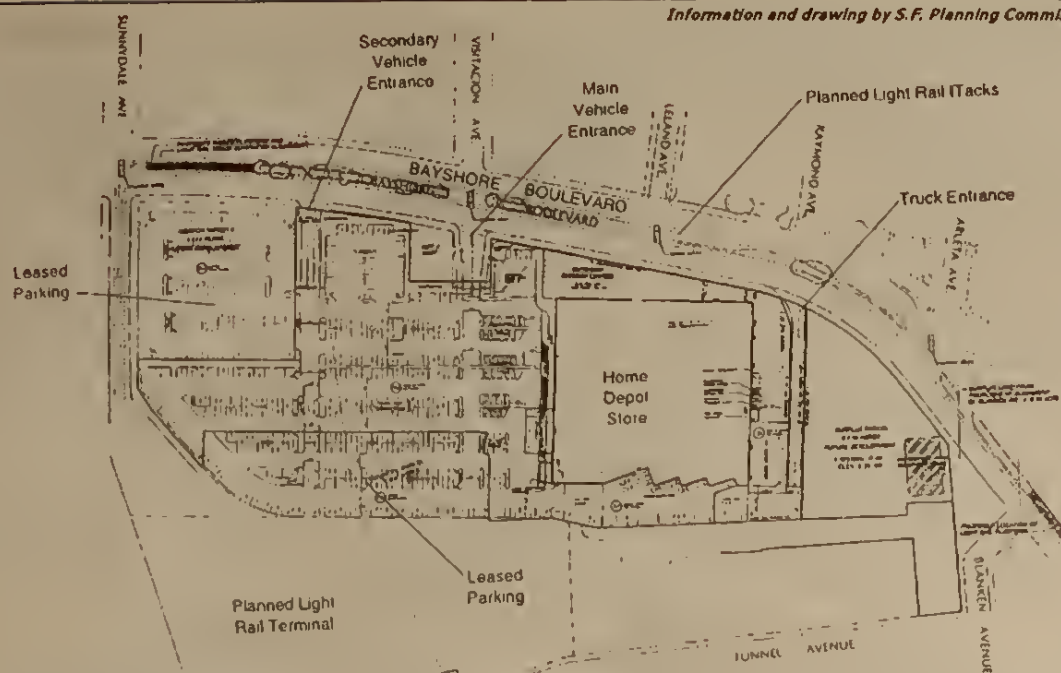
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Information and drawing by S.F. Planning Commission



Main vehicle entrance for the proposed Home Depot would be on Bayshore Boulevard at Visitacion Avenue.

## EIR for Home Depot

From Page 1

trees planted along the Bayshore Boulevard and Sunnydale Avenue site frontages, and within the parking lot. Most of the site is in an M-1 (Light Industrial) Use District; the eastern part is zoned M-2 (Heavy Industrial). The entire site is in a 40-X Height and Bulk District (40-foot height limit, no bulk limits).

Retail sales and parking lots are permitted as a principal use in M-1 and M-2 Use districts. However, Conditional Use Authorization would be required because the project site is within an Industrial Protection Zone created by Interim Zoning Controls intended to "temporarily eliminate the threat to the supply of industrially zoned land and building space available to production, distribution and repair businesses." The proposed project would also require building

and demolition permits.

Three access driveways are proposed on Bayshore Boulevard for the project with the primary access opposite Visitacion Avenue and feeding into the access isle. To allow for vehicles to enter the project site from the north, a southbound left-turn pocket (approximately 260 feet long) would be constructed at the intersection.

A second access point would be for northbound traffic only (right-turn in and right-turn out), and would be located mid-block between Visitacion and Sunnydale avenues approximately 300 feet south of the primary entrance. A third driveway, a one-way truck entry, is proposed on the far northern portion of the site opposite Raymond Avenue. A 20-foot-wide one-way access ramp would lead to the rear of the building and the loading areas.

To allow for the creation of a southbound left-turn lane on Bayshore Boulevard approaching the primary entrance, the project sponsor proposes to eliminate about 15 parking spaces on the west side of Bayshore Boulevard between Visitacion and Leland Avenues. Three additional spaces would be removed for creation of the proposed secondary driveway. There would be no changes to the sidewalks on either side of Bayshore Boulevard.

Muni's Third Street light rail line, scheduled to begin operation in 2003, will have its southern terminal adjacent to the southeast corner of the project site, at the end of Sunnydale Avenue.

Operating hours for the proposed Home Depot store have not yet been established but the store may be open 24 hours per day, seven days a week, as is the existing Home Depot in Colma.

## Scientific Revolution In Mental Health Research and Services

(NAPS) In the first-ever Surgeon General's Report on mental health, Dr. David Satcher, the Surgeon General, has alerted the American people that mental illness is a critical public health problem that the nation must face immediately. Dr. Satcher urged Americans to call the toll-free number 1-877-9-MHEALTH to receive the Executive Summary of the Report and other free information.

Dr. Satcher announced that over the last 25 years there has been a scientific revolution in the understanding of mental illness, resulting in many safe and effective options to treat the mental disorders that affect one in five Americans. In addition, a vital consumer and family movement has, through vigorous advocacy, wrought significant improvements in mental health service delivery. Dr. Satcher urged Americans to take advantage of these research advances by seeking treatment and emphasized the importance of bringing this often hidden topic out into the open.

"Disorders like depression, schizophrenia and anxiety disorders are real illnesses that are as disabling and serious as cancer and heart disease in terms of premature death and lost productivity," said Dr. Satcher. He said that manic depressive (bipolar) illness, panic disorder, obsessive-compulsive disorder, attention deficit hyperactivity disorder, autism, and Alzheimer's disease are among the mental disorders that affect millions of Americans.

"Mental illness and, to a greater extent, mental health problems can affect anyone," Dr. Satcher said. "Few Americans are untouched by mental illness, whether it occurs within one's family or among neighbors, co-workers, or members of the community."

Dr. Satcher acknowledged that while mental disorders may touch all Americans either directly or indirectly, all do not have equal access to treatment and service. "We must ensure that mental health services are as widely available as other services in the continuously changing health care delivery system," said Dr. Satcher. People with untreated mental illness are often more prone to poverty and loss of employ-

ment and housing.

*Mental Health: A Report of the Surgeon General*, defines mental disorders as diagnosable conditions that impair thinking, feeling, and behavior and interfere with a person's capacity to be productive and enjoy fulfilling relationships; and uses the term mental illness to refer collectively to all diagnosable mental disorders. Mental health problems refer to signs and symptoms that cause great distress but are of insufficient intensity or duration to meet the diagnostic

## Going for the Gold at The Olympic Games

From Page 1

ing or planning to provide a combined total of about \$2.1 billion for Olympic-related projects and activities." These past, current, and future activities include safety- and security-related services and transportation services. These transportation services include the construction of infrastructure to make sure that athletes and spectators alike can get from venue to venue.

GAO reported that \$600 million was spent on the 1996 Summer Games in Atlanta, Ga.

The price tag on the 2002 Winter Games is predicted to more than double that of the Atlanta games. The Salt Lake City event is expected to exceed \$1.4 billion, including: \$1.2 billion in transportation improvements; \$10 million for forest improvements; \$1.4 million for safety- and security-related services through the Department of Energy; and \$200,000 for weather forecasting.

In addition, Citizens Against Government Waste has identified \$18 million in pork-barrel projects slated for the 2002 Winter Games, including: \$10.5 million in transportation projects; \$1 million for the Salt Lake City Organizing Committee for housing infrastructure improvements; and \$500,000 for the Salt Lake City Olympic tree program.

It is cities and states that reap the economic benefits of hosting the Olympics, so they should take on the financial burden of the games as well. Going for the gold should involve heated competition among athletes—not cities and states fighting amongst themselves to see how much money they can squeeze out of Uncle Sam.

criteria for any mental disorder.

The main finding of the report is that mental health treatments are effective and the single, explicit recommendation is to seek help if you experience symptoms of mental illness.

"Mental health is fundamental to health, indispensable to personal well-being and to leading a balanced and productive life," said Dr. Satcher. "If you, or a loved one, are experiencing the symptoms of a mental disorder, seek effective treatment now."

To get more information call toll-free 1-877-9MHEALTH, or write Mental Health, Pueblo, CO 81009.

## Millennium Oatmeal Cookie Wins \$10,000

(NAPS) Millennium Mocha Rocky Road Oatmeal Cookies won the \$10,000 Grand Prize and the designation *Oatmeal Cookie of the New Millennium* in the 10th annual Quaker Oatmeal Bake It Better With Oats Recipe Contest. Julie Veith of Wichita, Kan., a first-time contestant, scratch baker and cookie lover, entered her recipe in the *Cookies, Cookies, Cookies* category.

The millennium cookie features classic flavors and captures the personal indulgence trend that will bridge the end of the 20th century and the beginning of the 21st. Rich chocolate, crunchy toasted walnuts, and soft marshmallow punctuate each bite of these comfy, chewy-crisp oatmeal cookies. Subtle coffee overtones keep them from being overly sweet, and they're equally delicious with a glass of milk or a cup of java.

Veith plans to use her \$10,000 prize for a few home improvements and a dream vacation to Colorado with her husband and two oatmeal cookie-loving sons.

### Millennium Mocha Rocky Road Oatmeal Cookies

1 cup (2 sticks) butter, softened; 1/2 cup firmly packed brown sugar; 1/2 cup granulated sugar; 2 eggs; 1-1/2 teaspoons vanilla; 1 tablespoon instant coffee granules; 1 tablespoon hot water; 1-3/4 cups all-purpose flour; 1 teaspoon baking soda; 1/2 teaspoon salt; 2-1/2 cups Quaker oats (quick or old fashioned, uncooked); 1-1/2 cups semisweet chocolate chips; 1-1/2 cups coarsely chopped toasted walnuts; 1-1/2 cups miniature marshmallows.

*Note:* For old fashioned oats, add 2 tablespoons additional flour.

Heat oven to 350 F. Spray cookie sheets with cooking spray. In large bowl, beat butter and sugars with electric mixer until creamy. Add eggs and vanilla; beat well. Dissolve coffee granules in hot water. Add to butter mixture; mix well. Add combined flour, baking soda and salt; mix well. Stir in oats, chocolate chips and walnuts. To shape cookies, flatten 1 heaping tablespoon of dough in palm of hand. Arrange 4 marshmallows in center, wrap dough around marshmallows to cover completely. Repeat with remaining dough and marshmallows. Space cookies 2 inches apart on cookie sheets. Bake 10 to 12 min-

utes or until edges are golden brown. (Do not overbake; centers of cookies should be soft.) Let stand 2 minutes on cookie sheets, remove to wire racks. Cool completely. Store tightly covered. (Makes about 3 dozen.)

**Nutrition Information** (1 cookie): Calories 200, Total Fat 11g, Saturated Fat 5g, Cholesterol 25mg, Sodium 120mg, Carbohydrates 22g, Fiber 2g, Protein 2g.

*Caak's Tip:* If desired, instant coffee granules may be eliminated. Substitute 1 tablespoon milk for the hot water.

## Medicine Safety: Clean Up With These Helpful Tips

These tips from CFH can help you spring clean medicine chests:

1. Clean out your medicine chest at least once a year. Check expiration dates on medicines before each use. Throw away any medicine that has a noticeable change in color or smell or that has expired.

2. Dispose of medicine safely. Before putting a medicine container in the trash, flush the contents down the sink or toilet.

3. Store medicines in a cool, dry place. Heat and moisture can alter their potency.

4. Always store medicines out of the sight and reach of children. Children who crawl and climb can easily reach medicines on countertops or shelves.

5. Be sure all medicines have child-resistant caps. People who have difficulty opening these caps can ask their pharmacist for regular closures.

6. Teach children to respect medicines. Avoid taking medicine in front of children and never tell a child that the medicine you give them is candy or tastes like candy.

7. Read the label. Always take medicines as directed on the label and always read the warnings.

8. Take only your own prescription medication. No matter how well a medicine works for one person, no one medicine is right for everyone.

Free tips sheets on how to *Spring Clean Your Medicine Chest: Medicine Storage and Safety Tips* and *Be Prepared: Tips for a Well-Stocked Medicine Cabinet* are available by sending a self-addressed, stamped, business-size envelope to Council on Family Health, 1155 Connecticut Avenue, N.W., Suite 400, Washington, D.C. 20036 or by visiting [www.cfinfo.org](http://www.cfinfo.org).

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From Highway 101 North: Take Brisbane/Cow Palace exit, go straight to Geneva and turn left. The Cow Palace is 10 blocks up on the left.

From Highway 101 South: Take Cow Palace/3rd Street exit, immediately merge to the right of the off ramp and merge onto Bayshore. Follow Bayshore to Geneva & turn right onto Geneva. The Cow Palace is 10 blocks up on the left.

From Highway 280 North: Take the Geneva/Ocean exit, and turn right onto Geneva. Follow a few miles, the Cow Palace will be on the right.

From Highway 280 South: Take the Geneva/Ocean exit, and turn left onto Geneva. Follow a few miles, the Cow Palace will be on the right.

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## Grapevine Puzzler World's Deepest Places

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|            |              |             |            |
|------------|--------------|-------------|------------|
| Danakil    | Lake Asal    | Depression  | Depression |
| Depression | Ozera        | Salton      | Valdes     |
| Dead Sea   | Sarykamys    | Sink        | Peninsula  |
| Death      | Priaspyskaya | Tüpqaraghan | Zapadnyy   |
| Valley     | Nizmennost   | Tübegi      | Chink      |
| El Faiyum  | Qattara      | Turfan      | Ustyurta   |

## Historic Proportions

Match clues to answers.

1987

- 1 Earthquake hit Oct. 1 measuring 6.1 on Richter scale.
- 2 A bad Monday on Oct. 19
- 3 Home in New York Nov. 5 after a 2-1/2 year voyage around the world
- 4 He became a candidate for president on Mar. 16.
- 5 Historic pact between U.S. and USSR Dec. 8 reduced these.
- 6 On Apr. 1 he completed a trip around the world on foot
- 7 He was fired on Nov. 12 as head of the Moscow Communist Party
- 8 Winners of Super Bowl XXI on Jan. 25
- 9 Rescued Oct. 16 after almost 58 hours at the bottom of an abandoned well shaft in Texas
- 10 After being closed 451 days, daily in Nicaragua is published Oct. 8
- 11 They went on strike on Sept. 22.
- 12 On Sept. 17, 200th anniversary of its signing.
- 13 He won the Indy 500 for the fourth time on May 24.
- 14 FDA approved blood pressure drug on Sept. 1.

Five Years Ago  
In the Grapevine

## APRIL 1995

\*Two crucial meetings were held Apr. 18 and 20 to discuss a draft Environmental Impact Report and its relation to a proposed expansion of the existing Household Hazardous Waste Facility located on Tunnel Avenue

\*Concerned local residents joined Visitation Valley Task Force members Mar. 25 to discuss merits of creating an all-day, year-round Beacon Center in the neighborhood.

\*Nicaraguan exchange students visited local Camp Fire Boys and Girls City Kids at both the Visitation Valley Community Center and Geneva Towers.

\*Auto repair experts from San Francisco City College's Automotive Technology Program conducted maintenance workshops for Valley residents Apr. 22 at Sam's Unocal 76 in the Portola district.

\*Visitation Valley Middle School (VVMS) was enhanced by two new programs: the Viz Kids after school program, and KeySEC, the Key Stakeholders in Education Council.

\*VVMS students and staff also visited an Orchid Exposition held Feb. 25 at Fort Mason

15. They won the World Series on Oct. 25.

16. New, designer way to tell time developed.

17. They became NBA champs on June 14

18. Anti-government protesters rioted here in June.

A. Los Angeles Lakers

B. Lovastatin

C. Constipation

D. Jessica McClure

E. NFL players

F. Al Unser

G. Minnesota Twins

H. Nuclear arsenals

I. Michael Dukakis

J. Tania Aebi

K. Steve Newman

L. La Presna

M. Los Angeles

N. South Korea

O. Swatch

P. Stock market crash

Q. Bons Yeltsin

R. New York Giants

Answers: 1-M, 2-P, 3-J, 4-I, 5-H, 6-K,

7-Q, 8-R, 9-D, 10-L, 11-E, 12-C, 13-F,

14-B, 15-G, 16-O, 17-A, 18-N

## Sez Who?

Match quotes to speakers.

1. "A bad beginning makes a bad ending."

2. "A bachelor lives like a king and dies like a beggar."

3. "A friendship founded on business is better than a business founded on friendship."

4. "A good listener is not only popular everywhere, but, after a while, knows something."

5. "Soap and education are not as sudden as a massacre, but they are more deadly in the long run."

6. "Life is made up of sobs, snuffles and smiles, but snuffles predominating."

7. "Men are apt to deceive themselves in big things, but they rarely do so in particulars."

8. "A good man can be stupid and still be good. But a bad man must have brains."

9. "A bad cause will ever be supported by bad means and bad men."

A. Wilton Mizner

B. O. Henry

C. John D. Rockefeller

D. Thomas Paine

E. Euripides

F. Mark Twain

G. Maksim Gorky

H. L.S. Lowry

I. Niccolò Machiavelli

Answers: 1-E, 2-H, 3-C, 4-A, 5-F,

6-B, 7-I, 8-G, 9-D

## Poll Finds Equality Of Men and Women Needs to Go Further

(HOUSTON)—Despite the popular theory of "Mars and Venus," men and women recently surveyed demonstrate remarkably broad agreement on issues central to women's lives in American society.

Seventy-two percent of women recently surveyed say the United States has not gone far enough with respect to men and women receiving equal wages. A majority of men (59 percent) agree, although about one-third (32 percent) are satisfied with women's progress on this issue.

Fifty-seven percent of women polled say they have benefited personally from the women's movement—and almost one-third (31 percent) of surveyed men say they have benefited, as well.

In addition, clear majorities of both men (58 percent) and women (66 percent) believe American society must go even further in establishing equal rights for women.

These are among the major findings of the fifth edition of The Shell Poll, an opinion survey conducted for Shell Oil Company by Peter D. Hart Research Associates. Men and women were polled on a wide range of gender-related issues, including the workplace, personal finance, sports, politics, the Internet, household roles and various businesses treatment of both sexes.

"The Shell Poll findings seem to indicate that men and women agree on quite a few substantial issues that have an impact on the lives of American females," said Susan Borches, vice president of Corporate Affairs for Shell Oil Company. "For example, a majority of Americans surveyed say that more work needs to be done on equal wages and equal funding for

## Men's Secret Language

1. "I'm going fishing." Translated: "I'm going to drink myself dangerously stupid, and sit in a boat with a stick in my hand, while the fish swim by in complete safety"

2. "It's a guy thing." Translated: "There is no rational thought pattern connected with it, and you have no chance at all of making it logical."

3. "Can I help with dinner?" Translated: "Why isn't it already on the table?"

4. "Uh-huh," "Sure, Honey" or alternately "Yes, Dear" Translated: Absolutely nothing. It's a conditioned response.

5. "It would take too long to explain." Translated: "I have no idea how it works."

6. "I was listening to you. It's just that I have things on my mind." Translated: "I was wondering if that redhead over there is wearing a bra."

7. "Take a break, Honey, you're working too hard." Translated: "I can't hear the game over the vacuum cleaner"

8. "That's interesting, Dear." Translated: "Are you still talking?"

9. "You know how bad my memory is." Translated: "I remember the theme song to 'F Troop', the address of the first girl I ever kissed, and the vehicle identification numbers of every car I've ever owned, but I forgot your birthday."

10. "I was just thinking about you, and got you these roses." Translated: "The girl selling them on the corner was a real babe."

11. "Oh, don't fuss. I just cut myself; it's no big deal."

Translated: "I have actually severed a limb, but will bleed to death before I admit that I'm hurt"

12. "Hey, I've got my reasons for what I'm doing." Translated: "And I sure hope I think of some pretty soon."

13. "I can't find it." Translated: "It didn't fall into my outstretched hands, so I'm completely clueless."

14. "What did I do this time?" Translated: "What did you catch me at?"

15. "I heard you." Translated: "I haven't the foggiest clue what you just said, and am hoping desperately that I can fake it well enough so that you don't spend the next three days yelling at me."

16. "You know I could never love anyone else." Translated: "I am used to the way you yell at me and realize it could be worse."

17. "You look terrific." Translated: "Oh, God, please don't try on one more outfit, I'm starving."

18. "I'm not lost. I know exactly where we are." Translated: "No one will ever see us alive again."

school athletic programs. Our goal for this survey has always been to encourage Americans to talk about the issues and values that are important to them in their daily lives. This edition provides many opportunities for discussion."

## Women in the Workplace

"You can have it all" is a familiar phrase to women coming of age in the late 20th century. However, the difficulties of balancing work and home life, in reality, present a much more complicated picture. In fact, this challenge is recognized as one of the more pressing problems facing young women. One-third (34 percent) of women surveyed consider the time pressures of trying to meet both family and work responsibilities one of the most serious problems young women face, surpassed only by domestic violence.

Americans are conflicted about mothers' roles in the working world. By a close margin, women say it's fine for a mother with young children to work if she can handle the obligations to her family and to her job (51 percent). Forty-three percent of women polled say a mother who can afford to should stay at home with her children. Men's perceptions echo women's. However, women show some concern over the possible stress they face in blending work outside the home with family life. Two-thirds (65 percent) of surveyed women believe mothers working outside the home face more stress than do stay-at-home mothers (15 percent). Men agree even more, with 72 percent saying mothers who work outside the home face more stress than mothers who stay at home (16 percent).

## Investing in Their Futures

Personal finance was once the hallowed domain of men—but no longer, survey findings indicate. Women now make a wide range of financial decisions, either on their own or on an equal basis with a partner.

For example, a large majority of women in couples (80 percent) report they share or take sole responsibility for making finance and investment decisions; 63 percent of men agree that women either take on or share in these roles.

And they don't approach these responsibilities with reservations, either; indeed, women take great confidence in these financial decisions. Most women surveyed report they are very or fairly confident in making a will (73 percent), setting a budget and sticking to it (70 percent), purchasing or leasing a car (70 percent), buying a home (67 percent) or establishing a 401(k) or similar retirement account (65 percent).

Furthermore, women display confidence in charting their course for the sometimes-turbulent stock market. More than twice as many women now say they are personally interested in the day-to-day developments of the financial markets (45 percent) than in 1971 (21 percent), Lou Harris for Virginia Slims survey). More than a third (38 percent) of women report feeling confident in purchasing stocks or mutual funds, compared with 52 percent of men.

A source of monetary concern, however, registers in the disparity between savings levels of white women and minority women. According to The Shell Poll findings, African-American (41 percent) and Hispanic (38 percent) women are significantly less likely to have retirement accounts than are white women (59 percent). Similar differences are apparent when it comes to women having significant savings (\$5,000 or more) outside of a retirement account.

## Treatment Not Always Deemed Equal

Women walk into businesses just as frequently as men—but men and women don't necessarily believe both sexes receive equal treatment.

Surveyed women report that HMOs (71 percent), airlines (70 percent) and department stores (85 percent) treat women as well or even better than they do men. In each case, no more than one in seven thinks these industries treat women poorly.

However, a large minority indicates room for improvement in some industries: at least one-fifth of women per-

ceive discriminatory treatment from hotels (21 percent), real-estate companies (33 percent), and banks and insurance companies (36 percent).

Close to half of women (46 percent) believe investment advisors treat women worse than they treat men (39 percent of men agree). This pales in comparison, though, with the negative judgment women give car dealers: an overwhelming 77 percent of women surveyed in The Shell Poll say auto dealers treat women worse than they treat men. Men agree, with 68 percent of them saying women receive worse treatment.

Interestingly, a majority of men polled (51 percent) say women are treated better than men in only one of eight types of businesses: clothing/department stores.

## All's Fair in Love and Gender Wars

An enduring image of 1950s America has husband and wife assigned very definite roles within the household. Perhaps surprisingly 50 years after that decade, men and women agree that in many cases they still take on some of these defined roles.

Women who are part of a couple claim to do all or most of the cooking, cleaning and grocery shopping. For example, a majority (58 percent) of women say they do all or most of the household chores, including cleaning and laundry. Men seem a bit reluctant to give their partners the credit, though: nearly the same proportion (61 percent) of men say those are shared responsibilities or predominantly something they do.

Men claim to be doing all or most of the driving (60 percent) and home maintenance or car repairs (67 percent), and women tend to acknowledge—though not to the degree men do—those areas in which the man of the household bears the burden. About half (49 percent) of women say the man of the house does the driving and 57 percent say he takes care of most or all home maintenance or car repairs.

## A Woman in the First Office?

When given a list of five prominent groundbreaking possibilities for women, women say they would most like to see a woman as president of the United States (49 percent). Men's responses (46 percent) also reflect this.

As Election Day approaches, men and women also express similar views on issues that would make them more likely to vote for a particular candidate. A clear consensus exists among men and women on several issues: increasing funding for schools to hire more teachers (81 percent of women and 72 percent of men would be more likely to support a candidate who took that position), lowering taxes for average families (80 percent of women, 79 percent of men), strengthening laws against deadbeat dads (80 percent of women, 76 percent of men), and expansion of the Family and Medical Leave Act (68 percent of women, 56 percent of men).

A gender gap opens, however, on two issues. Two-thirds (67 percent) of women would be more likely to vote for someone who favors laws designed to limit sex and violence in movies, TV and videogames, while just 44 percent of men agree. And 56 percent of women would be more likely to vote for a candidate who favors stronger restrictions on gun ownership, compared to 42 percent of men.

## Other poll findings include:

\*Men (60 percent) and women (58 percent) surveyed agree that society has gone too far in the time young children are spending with babysitters or in child care.

\*Fifty-eight percent of surveyed women between ages 50 and 64 report having access to the Internet from home or work. Almost one-third (32 percent) of these women say they spend four or more hours a week surfing the Web.

\*Generally, the more a woman earns for a living, the more likely she is to be satisfied with her choices in life. Forty-five percent of polled women age 18 to 64 who earn less than \$30,000 a year say women have more choices today because they can enter fields previously open only to men—while 61 percent of women age 18 to 64 making \$30,000 to \$50,000 agree.

## Sump, the Grump





## For Richer or For Poorer

Someone once said that many torments lie in the small circle of a wedding ring. Certainly, every marriage has its ups and downs. But of all the problems that conspire to thwart marital bliss, none are as burdensome and unfair as those imposed by the federal tax code. For years, Congress has been trying to balance out two competing interests--progressive tax rates and fair treatment of married couples. And as with most things Congress sets its collective genius to accomplishing, it has failed abysmally. Since 1948, lawmakers have allowed small disparities to creep into the tax code that have, with changes in demographics, become yawning chasms.

You see, unlike most industrial nations, the United States imposes taxes on couples, not individuals. The American Institute of Certified Public Accountants estimates that there are at least 63 provisions in the internal revenue code where tax liability depends on a taxpayer's marital status. To make matters worse, the tax code actually penalizes couples for being married. For example, the standard deduction for single taxpayers is \$4,250. Therefore, the deduction for a married couple should logically be \$8,500--twice that amount. But it's not. The standard deduction for a married couple is only \$7,100--\$1,400 less than it would be if the two remained unwed.

The tax brackets themselves are equally unfair. Under current tax law, a single taxpayer enters the 28 percent tax bracket at \$25,350. However, a married couple enters that bracket at just \$42,350. With a more equitable tax code, the benchmark for that bracket would be \$50,700--twice that of a single filer and considerably more than current law.

Despite these drawbacks, there is an upside--at least for some people. According to the Congressional Budget Office, some couples actually receive a so-called "marriage bonus"--a lower tax liability than they would have received if they filed as individuals. Bonuses most often occur when there are large discrepancies between the incomes of the two earners, or when one spouse earns nothing at all. According to the Congressional Budget Office, "If marriage penalties and bonuses were small, they would be of little consequence. Taxpayers would not perceive as unfair the small differences in taxes created by marriage.... But the penalties and bonuses can be large." Approximately 21 million married taxpayers are victims of the marriage penalty, which amounts to an additional \$1,400 per couple in tax liability. In some cases, the penalty can reach as high as \$20,000 annually.

Some pundits maintain that there is nothing wrong with the marriage penalty. After all, more married couples actually receive a marriage bonus than a penalty. In an editorial published last year, USA Today argued that eliminating the penalty is nothing more than a tax cut for the rich, claiming that the penalty rarely affects couples who make less than \$50,000 a year. Of course, using this ridiculous line of reasoning, one would have to conclude that a husband and wife making \$26,000 apiece were rich, since marriage penalties most often affect couples earning similar incomes.

As with any other tax cut proposal, President Clinton is eager to appear both for and against it simultaneously. In response to a question about the marriage penalty, Clinton remarked, "In principle, I don't like the marriage penalty...I don't think any American could. On the other hand, it's like every other tax cut--there are a lot of tax cuts that might be desirable, but how would you pay for them?"

The most equitable solution to the marriage penalty would be instituting either a flat tax or national sales tax. However, given the current political environment, neither seems likely to be implemented in the near future. In the meantime, Congress is considering less comprehensive reforms to address the marriage penalty, such as making the tax brackets and deductions for married couples twice the level for single taxpayers. This adjustment alone would save married taxpayers \$25 billion each year.

Simple justice dictates that marriage should not increase tax liability. The time has come for Congress to tackle the marriage penalty. Legislation to eliminate the penalty would not only give 21 million taxpayers much needed relief, but would also demonstrate Washington's commitment to both fairness and families.

## How to Wash the Cat

Thoroughly clean the toilet. Add the required amount of shampoo to the toilet water, and have both lids lifted. Obtain the cat and soothe him while you carry him towards the bathroom.

In one smooth movement, put the cat in the toilet and close both lids (you may need to stand on the lid so that he cannot escape).

Caution! Do not get any part of your body too close to the edge, as his paws will be reaching out for any purchase they can find.

Flush the toilet three or four times. This provides a "power wash and rinse" which I have found to be quite effective.

Have someone open the door to the outside and ensure that there are no people between the toilet and the outside door.

Stand behind the toilet as far as you can, and quickly lift both lids. The now-clean cat will rocket out of the toilet, and run outside where he will dry himself.

Sincerely, The Dog

## Your Food Allergies: Making You Fat?

(NAPS) Every day, thousands of Americans resolve to lose weight and eat healthier. What many of these people don't realize, asserts a new book, is that these battles may be lost before they're ever begun.

That's because these personal crusades have a hidden enemy: food intolerance. Even such wholesome foods as fruits, fish and wheat can be triggers that cause the body to change its metabolic processes. Not only can this cause the body to resist weight loss, but it may also lead to medical conditions ranging from migraines to fatigue, from eczema to arthritis. Plus, being overweight is considered a risk factor for cancer, heart disease, diabetes and other diseases.

Discovering your own personal food intolerances, and eliminating those foods from your diet, are key factors in losing weight and maintaining overall good health. That's the message behind *Your Hidden Food Allergies are Making You Fat* (Prima

## Electrical Safety in

(NAPS) The National Electrical Safety Foundation suggests that you take a few minutes to check the electrical safety of your kitchen and bath. Answer the following questions and correct anything that is not safe:

\*Do you have Ground Fault Circuit Interrupters (GFCIs) installed in both the kitchen and bath? Do you test your GFCI devices monthly or follow manufacturer's instructions? A non-functioning device is useless.

\*Do you dry your hands before operating an electrical appliance? Do you keep all appliances and their cords out of reach of children and away from the sink? Remember, water and electricity do not mix.

\*Do your electrical appliances have a mark of a certified testing organization? These marks show that the or-

ganizations have tested the appliances for safety.

A complex biological process, food intolerance is, simply stated, an individualized biochemical sensitivity to foods that might otherwise be wholesome and harmless. This sensitivity causes the immune system to react as if it were protecting the body from an enemy such as a bacteria, virus or parasite. This reaction causes intricate systems within the body to begin malfunctioning.

"Food intolerance and allergy have become an increasingly serious problem in recent decades," says James C. Breneman, M.D. "Food allergy might be the cause or aggravation of almost any disorder, and, often enough, it is the cause."

Ultimately, no drug, no medical therapy and no diet alone can improve your health or help you lose weight, the authors write, if you continue to boinhard your body with your own personal poison.

In addition, the book details some interesting scientific studies. In one, women who addressed their food in-

## Kitchen and Bath

ganizations have tested the appliances for safety.

\*Do you unplug small electrical appliances, such as hair dryers, shavers, curling irons, toasters, can openers, etc. when you are not using them? Even an appliance that is not turned on can be hazardous. If it falls into water in a sink or bathtub, it can cause a fatal shock.

\*Do you have a portable electric heater in the bath? Most electric heaters do not have protection against electrocution should the appliance come in contact with water.

Electricity makes our lives more comfortable and convenient if we use it safely. For more information, visit the NESF website at [www.nesf.org](http://www.nesf.org) or write to NESF, 1300 N. 17th St., Rosslyn, VA 22209.

VISITACION VALLEY GRAPEVINE - APRIL 2000 - 7 tolerances were able to not only lose weight but lost fat from their thighs--something they had previously been unable to accomplish.

People can determine their food intolerances with the help of a simple blood test. The procedure, called the ALCAT Test, is interpreted by a computer for objective and reproducible results.

Your Hidden Food Allergies are Making You Fat is available at bookstores, online at [www.alcat.com](http://www.alcat.com) or by calling 800-881-2685.

## Grapevine Want Ads

**ATTENTION: OWN A COMPUTER?** Put it to work!; 1-888-261-1949, \$25-\$75 PT/FT **VOLUNTEERS WANTED** for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator, (415) 585-2059. **A LITTLE GOES A LONG WAY.** The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture; writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials. **BEEHIVE THERE...DONE THAT!** The Visitation Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work--Job Readiness Training." Classes are conducted by sensitive community trainers from Visitation Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877. **ADVERTISING IN THE GRAPEVINE for Display:** Full Page: \$150; 1/2 Page: \$80; 1/4 Page: \$45; 1/8 Page: \$25; 1/12 Page: \$15. Discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Mail ad and payment by last day of prior month to Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

## Visitation Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

**AUTOMOTIVE**  
BAYSHORE GAS & SERVICE (mechanic), 2260 Bayshore Blvd., 467-6130  
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239  
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450  
GARAGE BY TOPRACING, 130 Leland Ave., 333-5838  
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281  
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880  
**BANK**  
BANK OF AMERICA, 6 Leland Ave., 622-4501  
**BAKERS**  
CUNEO BAKERY, 96 Leland Ave., 239-6090  
LITTLE OUIAPO BAKE SHOP, 169 Leland Ave., 239-2253  
**BARBERS**  
DeMASIS BARBER SHOP, 35 Leland Ave.  
THE SHOP (JB), 178 Leland Ave., 239-6709  
**BEAUTICIANS**  
ANGEL COIFFURES, 5 Leland Ave., 239-9891  
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381  
McCALLS FOR HAIR, 3585 San Bruno Ave., 467-7319  
MIZ RENAS SALON, 19 Blanken Ave., 467-3399  
NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800  
A NEW START HAIR STUDIO (Joyce Hollins), 224 Leland Ave., 584-3077  
TAMMIES HAIR DESIGN, 3564 San Bruno Ave., 330-9635  
**BLIND CLEANING**  
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506  
**BOARDING HOUSE**  
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693  
**BOOKKEEPER**  
VERNA WALLACE A., 2320 Bayshore Blvd., 239-5333  
**CHURCHES**  
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950  
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213  
RIDGEVIEW UNITED METHODIST CHURCH, 580 Leland Ave., 239-5457  
ST JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381  
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055  
VISITACION CHINESE BAPTIST CHURCH, 8 Osmond St., 333-4503  
**CLOTHING**  
SPONA (designer fashions), 9 Leland Ave., 239-9631  
**DENTIST**  
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500  
**DEVELOPERS**  
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwerin St., 587-7895  
TUNTEX S.A., 150 Executive Park Blvd., 468-6676  
**DISTRIBUTOR**  
PACIFIC FISH & POULTRY, 2414 San Bruno Ave., 468-2355

**ELECTRICAL**  
TATE ELECTRIC (Joel Tate), 467-4657  
**FINANCING**  
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900  
**FLORISTS**  
CUPIO FLORIST, 36 Leland Ave., 585-7766  
IL ROSE FLOWERS, 2466 San Bruno Ave., 468-0145  
**GARDEN ORNAMENTS**  
SILVESTRI GARDE VORNAMENTS, 2635 Bayshore Blvd., 239-5990  
**GROCERS**  
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FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300  
K.C. MARKET, 400 Wilde St., 467-3024  
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815  
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878  
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SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580  
7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646  
SHIREL'S GROCERY, 1401 Visitation Ave.  
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851  
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506  
SUPER FAIR MARKET, 201 Leland Ave., 239-6856  
TAUTUA MO OE (Samoan grocery, gifts, fabric), 15 Leland Ave., 585-0509  
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VALLEY'S SUPER MARKET, 65 Leland Ave., 239-7520  
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**HYPNOTHERAPY**  
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631  
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CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467  
COIN WASH & ORY LAUNDRY, 186 Leland Ave.  
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LELANO AVENUE CLEANERS, 151 Leland Ave., 586-1412  
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VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030  
**LEARNING**  
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VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907  
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320  
**LIBRARY**  
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270  
**LOCKSMITH**  
M-3 LOCKSMITH, 200 Leland Ave., 587-8403  
**LODGING**  
THRIFT LODGE, 2011 Bayshore Blvd., 467-8811  
**MANUFACTURERS**  
NATIONWIDE PAPER COMPANY, 345 Schwerin St., 586-9160  
**MEDICAL**  
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620  
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Apartments 715-0310

OR SAM HO, M.O., 9 Silliman St. No. 4, 337-6135  
PORTOLA FOOT & ANKLE CLINIC (Dr. Dwyang Patel), 2858 San Bruno Ave., 467-7500  
**ORGANIZATIONS**  
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700  
GIRLS AFTER SCHOOL ACADEMY, 1652 Sunnydale Ave., 584-4044  
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233  
LELANO HOUSE, 141 Leland Ave., 405-2000  
SENIOR CENTRAL DISTRICT, 66 Raymond Ave., 330-1789  
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499  
**PHARMACY**  
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811  
**PHOTOGRAPHER**  
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620  
**PLUMBING**  
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401  
**POST OFFICE**  
VISITACION U.S. PO., 68 Leland Ave., (800) 275-8777  
**REALTORS**  
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HENRY SCHINDEL, 239-5850  
**RESTAURANTS**  
CLIFF'S BARBECUE SEA FOOD, 2177 Bayshore Blvd., 330-0736  
G & B BAKERY AND RESTAURANT, 198 Leland Ave., 239-6283  
HONG YUN RESTAURANT (Vietnamese), 73 Leland Ave., 469-5686  
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763  
LUAN FAT BAKERY, 110 Leland Ave., 585-1167  
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252  
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141  
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433  
**SELF-DEVELOPMENT**  
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist), 467-7608  
**SERVICE PROVIDERS**  
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VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES AND TRAINING (VVBESS), 120 Leland Ave., 586-7347  
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-5400  
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VJET), 333 Schwerin St., 239-2866  
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**SIGNS**  
SMITHS SIGNS, 153 Leland Ave., 333-2700  
**TAVERNS**  
THE CLUB HOUSE, 25 Blanken Ave.  
OLIVIA'S PLACE, 2600 Bayshore Blvd., 239-7711  
**TRAVEL**  
COMET TOURS & TRAVEL, 168 Leland Ave., 333-2996  
GAMMS TRAVEL SERVICE, 34 Leland Ave., 333-9282  
**VIDEO**  
LELANO AVENUE VIDEO, 7 Leland Ave., 333-6288  
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

### April 2000

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### S.F. City Meetings

Aging 1st Wed 9:30a, Airport 1st & 3rd Tu 3p, Arts 1st Mon 3p, Education 2nd/4th Tu 7p, Health 1st/3rd Tu 3p, Housing Auth. 2nd/4th Th 4p, Human Rights 1st/3rd Th 4:30p, Library 1st Tu 5:30p, Planning Th 1 3:30p, Police Wed 5:30p, Port 1st Tu/3rd Wed 4 3:30p, Public Utilities 2nd/4th Tu 2p, Rec and Park 3rd Th 2p, Social Services 4th Th 9a, Status Women 4th Th 4p., SF Supervisors Mon 2p

**Visitation Valley Community Center**  
Mondays: Senior Shopping 11 30 a.m., Tuesdays: Senior Ceramics 9 30 a.m.-4 p.m., Senior Bingo 12 30 p.m., Thursdays: Sewing Class 9 a.m.-3 p.m. **USA Food Distribution Day** is last Thursday of every month

### San Francisco City Services

|   |          |
|---|----------|
| ABANDONED CARS                                  | 781-JUNK |
| ANIMAL CONTROL                                  | 554-6364 |
| BUS SHELTER OMAAGE                              | 882-4949 |
| CITY TREES (trimming)                           | 695-2162 |
| CRIME STOPPERS (anonymous) 1-800-2GIVE INFO     |          |
| DOMESTIC/FAMILY VIOLENCE                        | 864-4722 |
| DPW (days) 695-2017, (nights/weekends) 895-2020 |          |
| EMERGENCY SERVICES                              | 9-1-1    |
| EMERGENCY SERVICES (cell-phone)                 | 553-8090 |
| GARBAGE SERVICE COMPLAINTS                      | 255-3610 |
| GRAFFITI CLEANUP (DPW)                          | 241-WASH |
| GRAFFITI SUSPECT INFO                           | 553-1603 |
| INGLESIDE STATION (Anonymous 333-4333)          | 553-1603 |
| LELAND AVENUE RESOURCE CENTER                   | 586-2675 |
| MAYOR'S OFFICE                                  | 554-7111 |
| MAYOR'S NEIGHBORHOOD SERVICES                   | 554-6110 |
| NARCOTICS TIPLINE (anonymous) 1-800-CRACK IT    |          |
| PARKING AND TRAFFIC PROBLEMS (DPT)              | 553-1200 |
| POLICE (non-emergency)                          | 553-0123 |
| POTHOLE REPAIR                                  | 695-2100 |
| SAFE (neighborhood watch groups)                | 673-SAFE |
| STREET LIGHTING CITY (out of order)             | 554-0730 |
| STREET LIGHTING PG&E (wood poles)               | 693-3201 |
| SUNNYDALE RESOURCE CENTER                       | 586-7572 |
| TRAFFIC SIGNALS (out of order)                  | 550-2736 |
| TRAFFIC ENGINEERING                             | 554-2300 |
| WMS ANONYMOUS HOTLINE                           | 281-8406 |



## Ingleside Station Police Report

"On Feb. 9 at 9 p.m. on the unit block of Racine, Ingleside officers responded to a call of a robbery which had occurred earlier in the evening. The victim said he had parked his vehicle when two suspects ran up to him and robbed him. The first suspect showed a hand gun into his side and demanded his money. When he gave them his money they fled toward 2200 Bayshore Blvd. The officers made a search of the area with negative results. The first suspect is described as a black male juvenile 15-17 years old. He was 5'7", 130 lbs. and was wearing a black hooded jacket. The second suspect was a black male juvenile 15-17 years old. He was 5'5", 120 lbs. and was wearing dark clothing. Case 000166674

"On Feb. 9 at 12:16 p.m. on the 500 block of Tompkins, Ingleside officers responded on a call of a bomb threat. The school received a threat over the phone and the school was evacuated. A search of the campus was made but no suspicious device found. School was resumed. Case 000164468

"On Feb. 9 at 5:50 p.m. at Corland/Hillion, Ingleside officers conducted a surveillance of the area awaiting the arrival of a known drug dealer. The officers observed the suspect arrive and stand at the bus stop. Several other suspects approached and an exchange of money for drugs was made. The officers were able to move in and detain the suspects. Suspect #1 was booked for possession of rock cocaine for sales, possession of rock cocaine, and an outstanding federal warrant for firearms charges. Suspect #2 was booked for several outstanding warrants. Case 000166000

"On Feb. 11 at 8:22 p.m. on the 1600 block of Valencia, Ingleside officers responded on a call of a robbery with a gun. The suspect came to the victim's counter and paid for a cup of coffee. The victim went to open the cash register when the suspect pulled out a large gun and pointed it at her. He threw the register to the ground and took the money. He then fled out of the store towards Tiffany Street. The suspect is described as a black male 19-25 years old. He was 5'7", 150 lbs. and was wearing a black jacket with a hood and black pants. Case 000176338

"On Feb. 12 at 7:51 p.m. at Joost/Baden, Ingleside officers spoke with a victim of a robbery. The victim was to meet his ex-girlfriend, who is a suspect, and exchange some property. The ex-girlfriend came to the location with two other suspects also known to the victim. One of the other suspects pulled a gun to the victim's face and asked for his money. A vehicle drove by at the time and distracted the suspect with the gun. The victim at this time stepped out into the street to flag down a vehicle for help. The three suspects then got into their vehicle and fled the area. There is no description of the first suspect. The second suspect was a white male, 19 years old and is 5'10", 185 lbs. The third suspect was a black male 17-20 years old and is 5'10", 185 lbs. Case 000179746

"On Feb. 12 at 10:53 a.m. on the 200 block of Norton, Ingleside officers responded on a call of an aggravated assault. The victim said he was in his vehicle stopped behind another vehicle. The victim honked at the vehicle in front of him and the suspect got out of his vehicle. The suspect walked backed to the victim's vehicle and started arguing with him. The suspect then pulled out a knife and attempted to stab one of the victim's vehicle tires. The victim got out and confronted the suspect. The suspect then pointed the knife at the victim and motioned as if to stab him. The suspect then left the area, was later detained by police and charged with aggravated assault. Case 000178077

"On Feb. 12 at 11:32 a.m. on the 600 block of Geneva, Ingleside officers responded on a call of a death. A man died in his room of undetermined causes. Case 000178209

"On Feb. 12 at 9:37 a.m. at Velasco/Santos, Ingleside officers responded on a call of a robbery. The victim was at the bus stop when she was approached by two suspects. One of the suspects asked her for a dollar which she gave him. She turned her back to the suspects and felt her backpack being yanked and taken from her. The sus-

pects then fled the area. The first suspect is described as a black male 17 years old. He was 5'3", 110 lbs. and was wearing a blue bandanna and a black coat. The second suspect was a black male 17 years old. He was wearing a blue rag on his head and a black jacket. Case 000177847

"On Feb. 13 at 6:19 p.m. on the unit block of Bythdale, Ingleside officers responded on a call of a shooting. The officers arrived on the scene and found the victim shot. The victim was involved in a verbal argument with the suspect who is known to him. The suspect left and returned with two more suspects. The victim confronted the suspects and was shot. The suspects then fled the area. The first suspect is described as a black male 19 years old and is 6'2", 185 lbs. The second suspect is described as a black male 15 years old and is 5'2", 95 lbs. The third suspect is described as a black male 17 years old and is 5'8", 140 lbs. Case 000182965

"On Feb. 16 at 10:30 a.m. on the 200 block of Oneida Avenue, an Ingleside officer responded to the school on a call of a threat to commit rape. The officer spoke with the juveniles involved and determined that there was no actual rape at the time. A crime was committed however and a juvenile suspect was arrested and charged with assault to commit rape and false imprisonment. Case 000195344

"On Feb. 16 at 11:03 p.m. at Phelan/Judson, Ingleside officers responded on a call of a robbery. The victim was walking down the street and the two suspects were walking toward him. They confronted him and asked him if he had any money. The suspects quickly started searching through the victim's pockets taking several items. The suspects also showed the victim a bat and hammer in a threatening manner. The suspects fled and the victim was able to flag down the police. The victim was placed in the patrol car and a search of the area made. A few minutes later both suspects were found and taken into custody. Both male suspects were both charged with the robbery. Case 000197895

"On Feb. 21 at 7:50 p.m. on the 200 block of Monterey, Ingleside officers responded on a call of a robbery. The victim was walking down the street when a suspect approached her and demanded her bag. The victim turned over the bag and the suspect fled the scene. She followed the suspect and observed him get into a red vehicle, possibly a Volvo with dents to the rear of the vehicle. The suspect is described as a male, 5'11", 160 lbs. wearing a hooded jacket.

### Guide to Tire Buying

The tires you choose are a critical factor in the quality of your overall driving experience, so we asked the experts at Michelin to provide some simple tips on picking the right tire. Here's what they recommend:

\*Know your needs There are many types of tires that are available. You need to determine which one best suits your driving conditions. Prioritizing your requirements is a great way to find the right tires. Think about what is most important to you: treadwear, ride comfort, handling, snow and ice driving, wet-weather driving, sports car performance--then choose a tire that best fits your needs.

\*Look sideways Just about everything you need to know about a tire can be found on its sidewall, including the tire's size, the wheel size it fits on, how much load it can withstand and what speeds it can handle. The pressure indicated on the sidewall is actually the maximum the tire can sustain, look for the optimum pressure in your owner's manual.

\*Keep up on your reading. The owner's manual in your car contains information on the appropriate tire size and tire pressure for your vehicle. Using the wrong size, or improperly inflating a tire can affect your handling and gas mileage.

\*Shop around As a consumer, finding the highest quality tire that will fulfill your specific needs at the most competitive price should be the ultimate goal, not finding the cheapest tire.

Case 000218526

"On Feb. 21 at 1:20 p.m. on the 200 block of Edinburgh, Ingleside officers responded on a call of a battery. The victim told the officers her brother hit her. He was gone prior to the arrival of the officers. The victim also told the officers her brother had a gun in his room and she feared for her life. She asked the officers to go in and search the room for the weapon. The officers did not locate the weapon but instead found narcotics in the room. The suspect was charged with possession of methamphetamine for sale and maintaining a place for narcotics to be sold. Case 000216724

"On Feb. 22 at 4:28 p.m. on the unit block of Argonaut, Ingleside officers responded on a call of a shooting. The officers found a victim at the scene. They were unable to question him as to why he had been shot. The suspect was a black male, 5'10". He was wearing a black jacket, black pants and a black knit cap. Case 000222696

"On Feb. 22 at 3:48 p.m. on the 900 block of Saddleback, Ingleside officers responded on a call of a death. The victim died in his home and at this time the cause of death is undetermined. Case 000222652

"On Mar. 6 at 8:38 p.m. at Geneva/Brookdale, Ingleside officers responded on a call of a robbery. Headquarters broadcast a description of three suspects who had attempted three robberies and completed one robbery. Officers were able to locate and detain three subjects matching the description headquarters broadcast. Officers were able to bring victims to the scene and positively identify the three subjects as the robbers. The three juveniles were each charged with one count of robbery and three counts of attempted robbery. Case 000662633

"On Mar. 8 at 8:09 p.m. at Tompkins/Hanover, Ingleside officers responded on a call of shots having been fired. The victim was on his way home driving through the Afemany housing projects. A vehicle starting following him and at one point he stopped and the vehicle hit him from behind. The victim sped away from the vehicle and the suspects followed him for several blocks. The suspects were able to drive up next to him and fire several shots at his vehicle. The victim was able to lose the suspects and call the police. The driver of the vehicle was a black male 16-26 years old. There were two other male passengers in the vehicle. Case 000288024

## Globalism May Shrink Localism

by Robert E. Swift

(NAPS) Globalism has become a transforming force in the world economy. The stage is much larger and competition now both local and international. But it may mean trouble for Alabama and most other states in the U.S.

Globalism always comes down to a local effect. The companies that compete on this broad canvas all must exist in individual sites that are within commuting distance of their workforce. And these are the people who profit or suffer from all that globalism has to offer, and that's why Alabama may have some issues.

According to Southern Textile News, in Alabama, a textile or an apparel plant is located in 65 of the state's 67 counties, producing one out of every four manufacturing jobs there. So if manufacturing jobs in the textile and apparel industry are moved out of the state, Alabama and other states in similar positions lose as well. In fact so does the country as a whole, yet this is precisely what's occurring: jobs are moving out to Third World countries that offer cheap labor.

The effect of this deepening trend became more evident when a recent household income study was released. It revealed the growing gap between upper and lower income families, and attributed this in large part to the loss of manufacturing jobs, the sector that traditionally creates the greatest number of middle income jobs. So while much of the economy booms, a substantial portion of it is losing ground. As reported in The New York Times, "Average wages have been stagnant now for almost 25 years and the share of income going to owners of capital has been rising dramatically in the last ten years particularly." Consequently, the lowest 40 percent of wage earners actually lost in earnings whereas the top 20 percent realized a 33 percent increase, with those in the middle essentially stagnating.

"Apparel, Textile Industries Lost 98,000 Jobs In 1999," according to Department of Labor statistics revealed in the trade publication Women's Wear Daily. The article noted "Despite a rosy overall employment picture during 1999, the apparel and textile industries were again hit with major job losses."

This is the dark side of globalism. It is the side that leaves the U.S. market exposed to exploitation from countries that in turn, place restrictions on our trade with them. It is a side that provides incentives for companies here to seek out cheap labor from the Third World, while simultaneously closing American factories and placing thousands of us out of work.

This economic hemorrhaging will only stop when we have a Federal Administration that has the understanding of what is right for 80 percent of most Americans and the dedication to provide for them instead of a current President's legacy. With our trade deficit at record levels as well as the loss of U.S. manufacturing jobs, when will we restore an understanding and a perspective of what really provides the economic well-being for this country? It is what we produce, i.e. via manufacturing!

The Made in U.S.A. label is ideal for placing substance behind this hope for a governmental shift. It was originally designed out of pride in American products as well as to identify the country of origin in a market that has turned into a united nations of manufacturers. Both these elements remain important to this day, and if anything are even more so.

The label is affixed by American workers onto American-made products that mean jobs for Alabamians, Tennesseans, Virginians, New Yorkers and others within our borders. So if you want to keep our manufacturing sector in business, and help prevent a further widening of the income gap, just look for the label when you shop.

For facts on helping our economy by buying items made in America, write to the Crafted With Pride in the U.S.A. Council at 1045 Avenue of the Americas, New York, NY 10018.



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